

Ride 4 Pride Training Ride Schedule

Contact Alec at 585-362-5871 with last-minute questions

Ride	Time	Date	Date	Start Location	Distance	Description
Zoo Ride	Afternoon (1:00)	Sunday	May 10	Seneca Park Zoo Seneca Park Zoo, 2222 St Paul St, Rochester, NY 14621	24 miles (36-mile option)	We'll start at Seneca Park Zoo and pick up the Genesee Riverway Trail that takes us over the river, and through the woods to Turning Point Park and then Ontario Beach Park. From there we'll hit the road and ride along Beach Ave and Edgemoor Drive (low traffic roads) to Braddock Beach. This is a 24-mile ride. It's mostly flat except for the hill into and out of Turning Point Park. For a longer option, folks can go a little further to the Braddock Bay Bird Observatory. (36 miles).
Ice Cream Ride	Evening (6:00)	Wednesday	May 13	Pittsford Dairy 44 N Main St, Pittsford, NY	14 miles (20-mile option)	We'll start at Pittsford Dairy, 44 N Main St, Pittsford, NY, and ride along the canal to Genesee Valley Park and back for ice cream! It's a 14-mile ride. If you are a faster rider and want to make it a 20-mile ride, you have the option to pick up the river trail and loop around at Court St. (Dinosaur BBQ). This ride is mostly flat.

Ice Cream Ride	Evening (6:00)	Friday	May 29	Pittsford Dairy 44 N Main St, Pittsford, NY	14 miles (20-mile option)	We'll start at Pittsford Dairy, 44 N Main St, Pittsford, NY, and ride along the canal to Genessee Valley Park and back for ice cream! This is a 14-mile ride. If you are a faster rider and want to make it a 20-mile ride, you have the option to pick up the river trail and loop around at Court St. (Dinosaur BBQ). This ride is mostly flat.
Casey Park	Afternoon (1:00)	Sunday	May 31	Casey Park 6551 Knickerbocker Rd, Ontario, NY 14519	25 miles (17-mile option)	This ride follows part of the official Ride for Pride route. We'll start at Casey Park and make a 25-mile loop. The ride takes us along Ontario Lake (great view) and through the Williamson countryside. There is an option for a 17-mile cut. This ride is mostly flat with one hill (I think...).
Mendon Ponds	Afternoon (1:00)	Sunday	June 7	Genessee Valley Park Roundhouse shelter, Rochester, NY	35.5 miles	We'll start at the Genessee Valley Park Roundhouse shelter and pick up the river trail to the canal trail to Clover. We'll ride around Mendon Ponds Park to Dreisbach Splash Park (rest stop!). Then we will ride around and through Mendon Ponds Park. This ride has some hills. You can do it!